

Intention is the key!!!

Reinforcing and Reducing Methods

When **reinforcing by thrust/lift** method the intention and movement of **pushing inward heavily** is the focus. You will probably push quickly as well, but the heaviness is the important thing. You pause, then lift gently and (maybe) slowly.

Dr. Qiu emphasized this specifically.

Reinforce/reduce achieved by means of respiration

- Reinforcing
 - After initial insertion and arrival of Qi:
 - Inserting and manipulate the needle on exhale
 - Withdraw on inhale.

- Reducing
 - First, get patient's breathing regular. We can also synchronize our breath with theirs then follow our own breathing. Aim is to regulate the Qi of the body for maximum balance.
 - After initial insertion and arrival of Qi
 - Insert/manipulate on an inhale
 - Withdraw on exhale.
 - Qi comes out when the breath comes out.

These are combined with other methods, i.e., rotating (reinf/reduce). Can also:

Reinforce upon insertion: Insert on exhale, manipulate the needle, when ready to withdraw wait for inhale.

Reduce upon insertion: Insert on an inhale

(Seems the key is visualization, breathing, intention...like with all things. ☺)

Many people breathe shallowly, therefore not getting enough Qi to their bodies. That has been me all my life...could this be the root of the Spleen Qi deficiencies?

Be aware of your patient's breathing and do training if they are open to it to re-train their breathing. Get pt relaxed and breathing relaxed and then follow pt's breath in your techniques.

Reinforcing enhanced by direction needle tip is pointing.

Reinforcing:

After arrival of Qi the needle tip pointing to/following the Qi movement (along the meridian course)

Reducing:

After arrival of Qi, the needle tip points counter to the direction of Qi movement. You are blocking the movement of the Qi. Q

Qi movement can be different from the meridian course. Lung for instance, flows downward initially and on arm, but upward on the chest area. Qi goes both ways, in other words. Think about how you are trying to get the Qi to move. Do you want to *send* Qi to the desired area or block it?

Speed

Can do tap/insert, insert to depth slowly (inching in) while manipulating, then a quick withdrawl.

Can do likewise with withdrawl. Insert slowly, withdraw while manipulating rather slowly.

Even Reinforcing/Reducing method

Treat disorders that are atypical to deficiency or excess nature. Some condits like overuse of arm/shoulder cause pain/discomfort. Can be because of qi/blood stagnation, but not typical that there is a stasis, but qi/blood not moving so well. Another example: couch potato who doesn't exercise will have poorly moving qi/blood and won't go fast. Another example: get blood work and blood *oooooooozes* out, need to get qi/blood moving and open channel

Don't need to tonify or reduce, just need to get the substances there to move around like they should.

The force is even and moderate as are sensation and speed. The aim is:

1. get qi sensation
2. Do lift/thrust, rotate, etc. to get qi moving evenly.
3. Withdraw at a moderate speed.

It is the intent that determines this more than the technique.